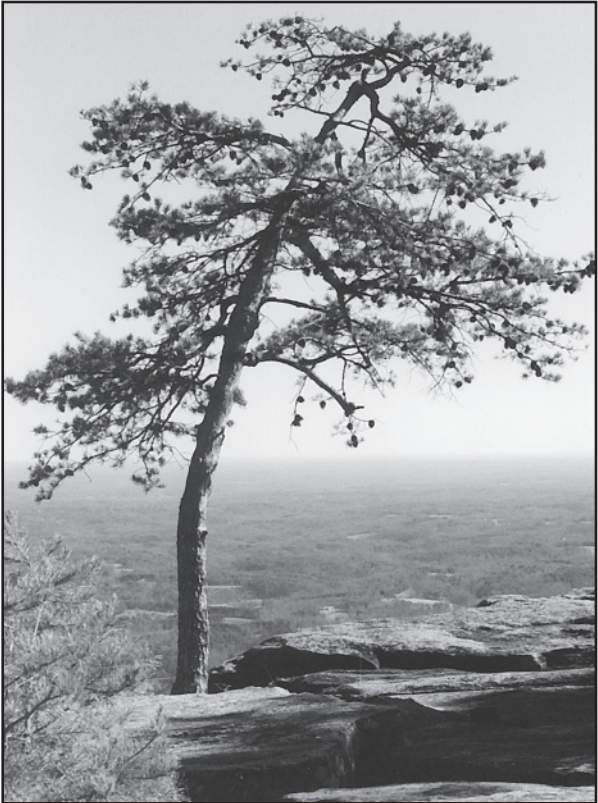


The Sauratowns

One of the most easterly mountain ranges in the state, the Sauratown Mountains are often called “the mountains away from the mountains” because they are separated from the nearby Blue Ridge Mountains. Prominent peaks in the Sauratown range rise from 1,700 feet to more than 2,500 feet in elevation and stand in bold contrast to the surrounding countryside, which averages only 800 feet in elevation.

Named for the Saura Indians who were early inhabitants of the region, the Sauratown Mountains are the remnants of a once-mighty range of peaks. Over many millions of years, wind, water and other forces wore down the lofty peaks. What remains of these ancient mountains is the erosion-resistant quartzite, which now supports scenic ridges and knobs, including Moore’s Knob, Moore’s Wall, Cook’s Wall, Devil’s Chimney, Wolf Rock and Hanging Rock.



Pack a Picnic

Two picnic areas offer 15 grills each and 60 picnic sites in total. One area is near the trailheads for Hanging Rock, Window Falls, Indian Creek and Upper Cascades trails and is shaded by the large trees of the hardwood forest.

The other picnic area is on a shaded, terraced hillside near the lake. One picnic table is wheelchair accessible. Drinking water and restrooms are located nearby.

Shelters for group picnics are located in each picnic area. Park picnic shelters offer tables and fireplaces and are available on a first-come basis free of charge. A fee is charged for reservations.

A Park Established

In 1936, the Stokes County Committee for Hanging Rock and the Winston-Salem Foundation donated 3,096 acres of land to the state of North Carolina for the purpose of establishing a state park. Additional land was added to the park as recently as 2005, bringing total acreage to 7,040.

Many facilities in the park were constructed by the Civilian Conservation Corps (CCC) between 1935 and 1942. A concrete and earthen dam completed in 1938 impounded a 12-acre lake, and a stone bathhouse, diving tower and sandy beach also were built. Other facilities constructed by the CCC include a park road and parking area, a picnic area and shelter, and hiking trails. In 1991, the bathhouse was added to the National Register of Historic Places.

Funds from the \$35 million state parks bond referendum approved by voters in 1993 paid for construction of Hanging Rock’s visitor center in 1996. The fully accessible stone and wood structure offers an auditorium, exhibit room and a classroom for interpretation and education programs. It also houses the park office and serves as a contact station for the thousands of people who visit the park each year.

Flora & Fauna

More than 300 species of mountain flora are found in the park. The most abundant plants are rhododendron, azalea, galax, mountain laurel and a wide variety of ferns. The majority of the park is forested by oak and pine, but in moist locations hemlock provides a canopy. Hanging Rock is one of the few places where Canadian and Carolina hemlock grow side by side.

In the highest elevations of the park, much bare rock is exposed. Mosses and lichens, the pioneers of mountain forests, have invaded portions of this bare rock, beginning the process of succession. As the underlying rock weathers and cracks, soil gradually fills the small crevices and flowering plants take hold. Such wildflowers include pink lady’s slipper, turkey-beard, bird-foot violet and fire pink. Throughout thousands or even millions of years, with adequate amounts of water, these plant communities may become even more diverse and forests will creep uphill, ultimately covering the mountain.

The park’s forests are home to many animals typical of the piedmont and mountain foothills. Mammal species include white-tailed deer, raccoon, gray fox and an occasional black bear. On summer evenings, bats can be seen flying overhead looking for insects or dipping down to a stream for a cool drink.

Trails

More than 18 miles of wooded passageways form a complex network of trails at Hanging Rock State Park. Picturesque cascades and waterfalls, high rock cliffs, spectacular views and a mountain cave are just a few of the rewards of exploring by foot.

Persons with disabilities will enjoy a short wheelchair-accessible trail that leads to a rock outcrop. An accessible deck is located near the visitor center for clear views of Hanging Rock. A short paved trail and accessible pier offer fishing opportunities.

Rock Climbing

Cook’s Wall and Moore’s Wall, a series of cliffs up to 400 feet high and extending almost two miles, provide opportunities for experienced climbers. All other areas of the park are closed to climbing and rappelling.

Climbers must register before beginning a climb and must use proper equipment and safety techniques.

Birds are abundant in all seasons, especially noticeable during the spring and summer breeding season when neotropical migrants add to the resident population and the otherwise quiet mountain air is filled with the melodies of songbirds. Whippoorwills, warblers, vireos and phoebes add to the chorus.

The moist forests and streams of Hanging Rock are home to a variety of amphibians. American toads, spring peepers and chorus frogs, lend harmony to



warm evenings. One species of salamander, Wehrle’s salamander, is found only in this area of the state. Lizards and snakes are also diverse at Hanging Rock State Park, living in areas where insects and rodents are plentiful.

Camping

Family camping: Cross Cascade Creek and wind your way up a forested ridge to the family campground where two one-way loops house 73 campsites for tents and trailers. One site is wheelchair accessible. Each campsite has a picnic table, grill and tent pad. Drinking water and washhouses with utility sinks and hot showers are nearby. The washhouses are closed December 1 through March 15. A fee is charged for campsites, which are available on a first-come basis. Recreational vehicle hookups and dump stations are not provided.

Group camping: Eight campsites located near the entry gate offer a wilderness camping experience for organized groups at a fee. Each group site has picnic tables and a fire circle. Pit toilets and water are located nearby. Reservations are required.

Vacation Cabins

A short road from the family campground leads to ten rustic family vacation cabins, each accommodating up to six people. Two cabins are handicapped accessible. Each cabin includes two bedrooms, a kitchen and a living room. During the spring, fall and winter, cabins may be rented by the night with a minimum of a two-night stay. Summer rentals are available by the week only.

Cabin reservations are required; an application must be completed and mailed to the park. Contact the park to check on cabin availability.

Cabin reservation forms are available online! Visit the Hanging Rock State Park Web site to download a form.

Pets at cabins: Pets are not allowed in the cabin or cabin area at any time.

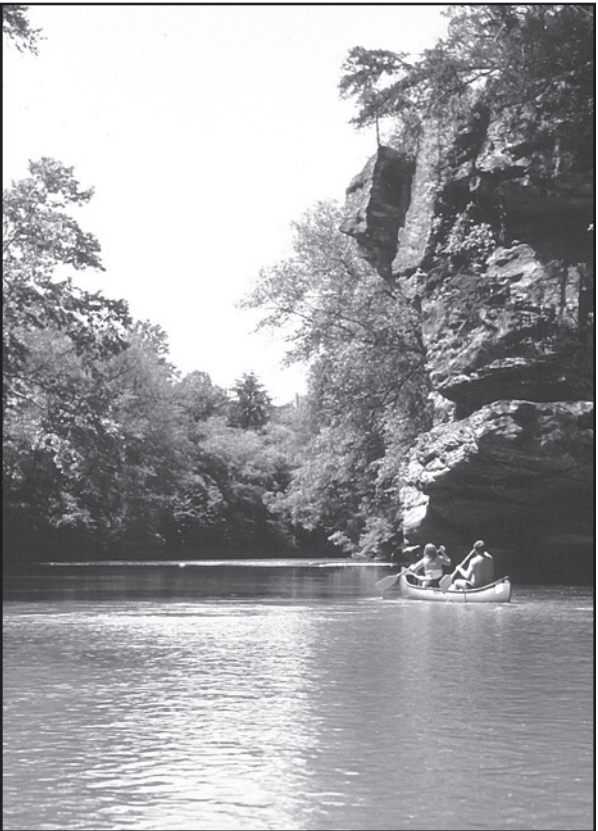
Exhibits

There’s more to Hanging Rock than outdoor recreation! Stop by the visitor center to learn more about the natural and cultural history of the park. From hands-on exhibits about plants and animals to a video about the Civilian Conservation Corps, there’s much to see, learn and do.

A hall in the visitor center offers a variety of interactive exhibits. Open the panels of a dead tree to see what’s inside. Or, watch a video about the people who formed the park. Learn about geology, bend a rock or learn more about the Saura American Indians for which the mountains are named. Enjoy dioramas of the plants and animals that live on rocky cliffs and near creeks.

In the lobby of the visitor center, learn about the weather or check out the latest exhibit in the hallway display case.

The exhibit hall is open from 9 a.m. until 4:45 p.m. daily.



Nature's Classroom

Rangers hold regularly scheduled educational and interpretive programs about Hanging Rock State Park. To arrange a special exploration of Hanging Rock State Park for your group or class, contact the park office.

Educational materials about Hanging Rock State Park have been developed for grades 5-8 and are correlated to North Carolina’s competency-based curriculum in science, social studies, mathematics and English/language arts. The Hanging Rock program introduces students to basic geologic concepts and relates the concepts to the Sauratown Mountain range. Accompanying the program is a teacher’s booklet and workshop, free of charge to educators.

On the Lake

Tucked into the hills is an inviting 12-acre lake, formed by the damming of Cascade Creek. The lake is a popular center of activity at the park for swimmers, boaters and fishermen.

Fishing and boating: Fish from the shore, a wheelchair-accessible pier or the middle of the lake. Bass and bream are plentiful. A state fishing license is required. Private boats are not permitted on the lake, but rowboats and canoes are available for rent during the summer.

Swimming: These waters have long been enjoyed as a way to cool down during the summer months with a refreshing swim. Nearby, a stone and timber bathhouse includes restrooms, dressing rooms, a snack bar and a lounge area with a view of the lake and Moore’s Knob.

Rules & Regulations

Make your visit a safe and rewarding experience. Some of our rules are posted throughout the park for the protection of our park and our visitors. A complete list is available at the park office. Help preserve our natural resources by observing the following:

- ❑ The removal of any plant, animal, rock or artifact is prohibited.
- ❑ All state parks are wildlife preserves. Hunting and trapping are not permitted.
- ❑ Please throw trash in proper receptacles. State law requires aluminum cans to be placed in recycling containers.
- ❑ Firearms and fireworks are not permitted.
- ❑ The possession or consumption of alcoholic beverages is prohibited.
- ❑ North Carolina motor vehicle and traffic laws apply in the park.
- ❑ Pets must be on a leash no longer than six feet. Pets are not allowed in the cabins, bathhouse or swimming area.
- ❑ Camping is allowed in designated areas by permit only.
- ❑ As a courtesy to other campers, observe the posted campground quiet hours.
- ❑ Fires are permitted only in designated areas.
- ❑ Rock climbing is permitted only on Moore’s Wall and Cook’s Wall. All climbers must use proper equipment and must register before beginning a climb.

For Your Safety

To prevent accidents, please remember these safety tips.

- ❑ Do not feed or approach wildlife. North Carolina is experiencing a rise in rabies cases. Report sick or aggressive animals to rangers.
- ❑ When hiking, stay on designated trails and away from cliff faces and waterfalls.
- ❑ Be alert to approaching storms and seek appropriate shelter.
- ❑ Venomous snakes, ticks and poisonous plants may be found along park trails. Exercise caution.
- ❑ Dress properly. Check with park employees regarding weather and terrain.
- ❑ Remember that daylight hours are shorter in the fall and winter. Allow plenty of time for a hike to avoid being caught by darkness.

Contact park staff for other safety tips or an explanation of park rules.

The N.C. Division of Parks and Recreation is a division of the Department of Environment and Natural Resources.

William G. Ross Jr. Secretary

Michael F. Easley Governor

Welcome!

Not far from the cities of the Triad area, off the four-lane highways there's another North Carolina to be discovered — sheer cliffs and peaks of bare rock, quiet forests and cascading waterfalls, views of the piedmont plateau that stretch for miles.

Hike the trails of Hanging Rock State Park and let nature put life's hectic pace in perspective. Rent a vacation cabin and fall asleep to the lullabies of spring peepers and chorus frogs. Join an interpretive program and discover something new about nature's bounty. Nestled in the hills is a cool mountain lake that beckons to swimmers and fishermen. Picnic areas and campgrounds lend themselves to time spent with family and friends. Hanging Rock State Park awaits you.



Information

To learn more about Hanging Rock State Park, contact:

Hanging Rock State Park
P.O. Box 278
Danbury, NC 27016
(336) 593-8480
denr.dpr.hanging.rock@lists.ncmail.net
www.ncparks.gov

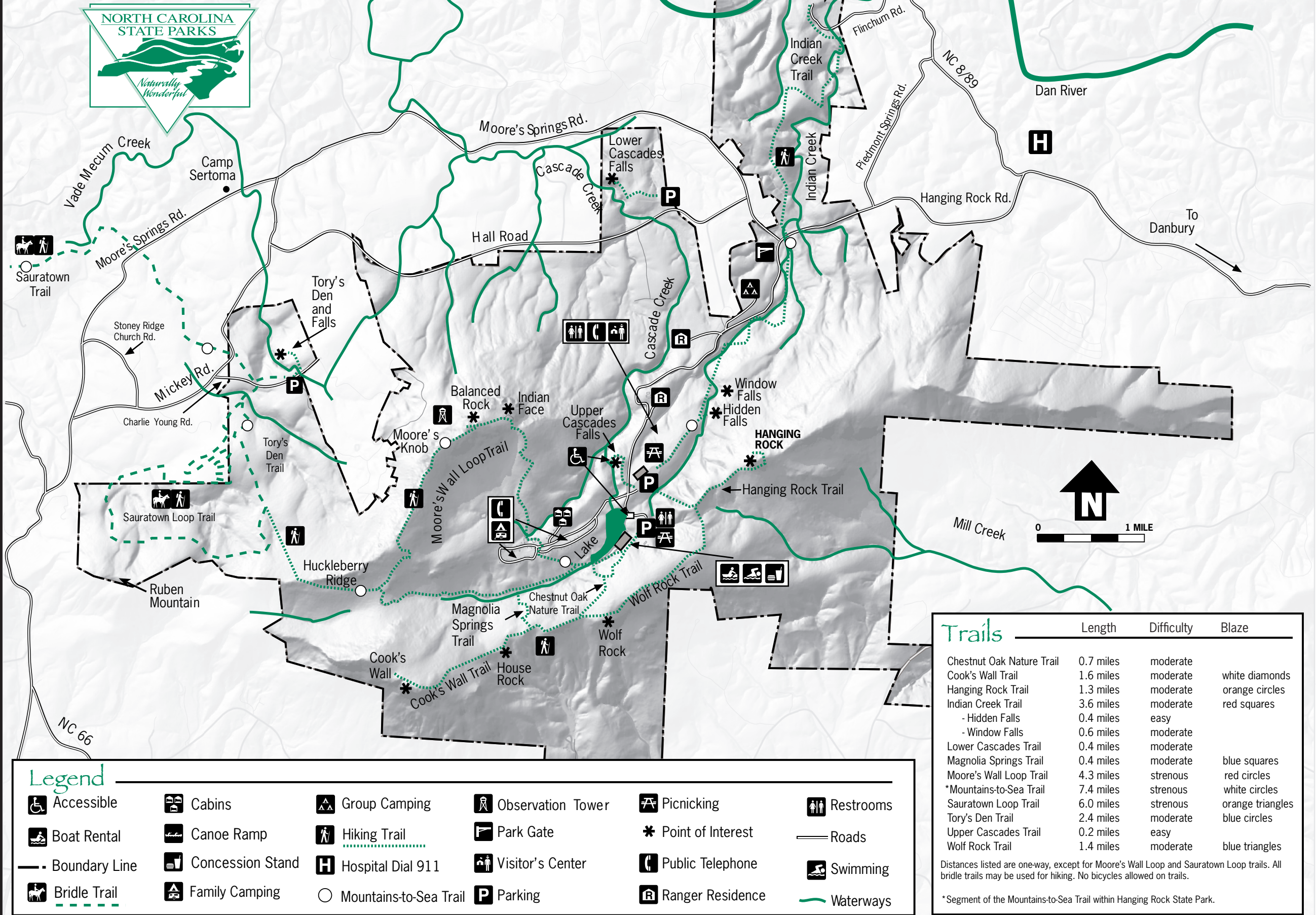
Discover other North Carolina state parks and recreation areas, contact:

N.C. Division of Parks and Recreation
Dept. of Environment and Natural Resources
1615 Mail Service Center
Raleigh, NC 27699
(919) 733-4181

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Hanging Rock State Park



Legend

- | | | | | | |
|---------------|------------------|------------------------|-------------------|-------------------|-----------|
| Accessible | Cabins | Group Camping | Observation Tower | Picnicking | Restrooms |
| Boat Rental | Canoe Ramp | Hiking Trail | Park Gate | Point of Interest | Roads |
| Boundary Line | Concession Stand | Hospital Dial 911 | Visitor's Center | Public Telephone | Swimming |
| Bridle Trail | Family Camping | Mountains-to-Sea Trail | Parking | Ranger Residence | Waterways |

Trails

	Length	Difficulty	Blaze
Chestnut Oak Nature Trail	0.7 miles	moderate	
Cook's Wall Trail	1.6 miles	moderate	white diamonds
Hanging Rock Trail	1.3 miles	moderate	orange circles
Indian Creek Trail	3.6 miles	moderate	red squares
- Hidden Falls	0.4 miles	easy	
- Window Falls	0.6 miles	moderate	
Lower Cascades Trail	0.4 miles	moderate	
Magnolia Springs Trail	0.4 miles	moderate	blue squares
Moore's Wall Loop Trail	4.3 miles	strenuous	red circles
*Mountains-to-Sea Trail	7.4 miles	strenuous	white circles
Sauratown Loop Trail	6.0 miles	strenuous	orange triangles
Tory's Den Trail	2.4 miles	moderate	blue circles
Upper Cascades Trail	0.2 miles	easy	
Wolf Rock Trail	1.4 miles	moderate	blue triangles

Distances listed are one-way, except for Moore's Wall Loop and Sauratown Loop trails. All bridle trails may be used for hiking. No bicycles allowed on trails.

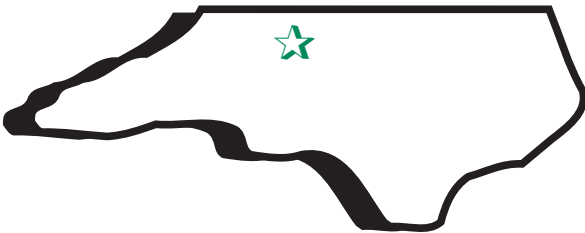
* Segment of the Mountains-to-Sea Trail within Hanging Rock State Park.

N.C. Division of Parks and Recreation
Department of Environment and Natural Resources



Hanging Rock State Park

Hanging Rock State Park



Hanging Rock State Park is located in Stokes County, four miles northwest of Danbury. The park entrance is at the junction of Hanging Rock Road (SR 2015) and Moore's Spring Road (SR 1001), which is between N.C. 8/89 east of the park and N.C. 66 west of the park.

Park Hours

November - February	8 a.m. - 6 p.m.
March - May, September & October	8 a.m. - 8 p.m.
June - August	8 a.m. - 9 p.m.
Closed Christmas Day	